

# Health & Wellness Workshops

We are committed to improving the health and wellness of older adults in Milwaukee County. Together with our community partners, we offer wellness and prevention programs that promote healthy aging in areas including caregiving, chronic conditions, falls prevention and physical activity.



- Boost Your Brain & Memory**
- Gente Fuerte**
- Healthy Living with Diabetes**
- Herramientas Poderosas para Cuidadores**
- Healthy Living with Chronic Pain**
- Living Well with Chronic Conditions**
- Mind Over Matter (MOM)**
- Pisando Fuerte**
- Powerful Tools for Caregivers**
- Savvy Caregiver**
- Stand Up for Your Health**
- Stepping On: Falls Prevention Program**
- Tai Chi Prime**
- Walk With Ease**

For program details and a schedule of workshops in Milwaukee County visit:  
[county.milwaukee.gov/aging](https://county.milwaukee.gov/aging)

Or contact our Health & Wellness Programs Coordinator at (414) 289-6352



**BOOST YOUR BRAIN & MEMORY:** Give your brain a “boost” with this 8-week (once a week) program which takes a holistic approach to improving brain health. For any adult 55 and older. The sessions focus on physical activity, emotional health, intellectual activity, nutrition, spiritual activity and social engagement.

**GENTE FUERTE:** Este programa de entrenamiento de fuerza progresivo no solo te ayudará a aumentar tu fuerza y mejorar tu salud en general, sino que también verás mejorar tu equilibrio y confianza para completar tus actividades diarias. El programa se reúne durante 10 a 12 semanas (dos veces por semana).

**HEALTHY LIVING WITH DIABETES:** Have more control over your diabetes with this 6-week (once a week) workshop. For adults 18 and older with pre-diabetes or type 2 diabetes. Learn more about healthy eating, stress management, exercise and relaxation techniques, communicating effectively and goal setting.

**HEALTHY LIVING WITH CHRONIC PAIN:** Maintain an active, fulfilling life with this 6-week, once-a-week workshop. For adults 18+ living with ongoing pain—or supporting someone who is. Learn practical skills to manage pain, including gentle exercise, relaxation, stress management, medication use, effective communication, goal setting, and problem-solving.

**LIVING WELL WITH CHRONIC CONDITIONS:** This program is for adults 18 and older who have or are living with someone who has one or more ongoing health problems such as asthma, arthritis, heart disease, high blood pressure and others. In this six week, once a week workshop, participants will learn exercise and relaxation techniques, healthy eating, goal setting, stress management, communication skills and problem solving.

**MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER (MOM):** This program is designed to help older women prevent or improve their bladder and/or bowel incontinence. Classes meet every other week for a total of 3 sessions. Participants set personalized goals and learn about pelvic floor exercises, fluid and fiber intake, and problem-solving. It is proven to improve bladder leakage for 71% of women and bowel leakage for 55% of women.

**POWERFUL TOOLS FOR CAREGIVERS:** Learn how to take better care of your physical, emotional and financial caregiver needs with this 6-week (once a week) program. You will learn how to reduce stress, anger and guilt, manage your time, make tough decisions and communicate effectively with the person needing care, family members and healthcare providers. *Also available in Spanish as ‘Herramientas Poderosas para Cuidadores’*

**SAVVY CAREGIVER:** This program is for the family caregiver of a person with dementia. The caregiver will gain knowledge to manage daily care, acquire skills to adjust their approach in their caregiving role and build confidence to set and achieve goals. Classes meet once a week for 6 weeks.

**STAND UP FOR YOUR HEALTH :** This program is for adults to help reduce sitting time by standing up and moving more. Learn to identify barriers to standing more and discuss strategies to increase standing time. The workshop meets for 4 weeks (once a week) followed by a booster session at week 8.

**STEPPING ON:** Reduce your chance of falling by participating in this 7-week (once a week) program, designed for adults 60 years & older who are at risk or have a fear of falling or have balance issues. Participants will build balance and strength through exercises that target the lower body and also learn practical skills to avoid a fall. Learn how vision, footwear, medications & sleep all affect falls risk. *Also available in Spanish as ‘Pisando Fuerte’*

**TAI CHI PRIME:** Tai Chi is an ancient Chinese mind-body exercise of slow, graceful standing or seated exercise. Tai Chi Prime is a six week, twice a week workshop that will promote calm mental focus while building leg strength, endurance, and balance. Tai Chi can be done anywhere and anytime!

**WALK WITH EASE:** If you are looking for relief from arthritis or just want to be active, join this 6-week (3 times a week) walking program. Participants will receive support and the tools to set and reach their goals. The program builds confidence to be physically active, reduces pain from arthritis and increases balance, strength and walking pace.